

PARENT PAGES

A publication of the Howard County
Office Children and Families

The Howard County Family Institute is out and about in the community hosting parenting workshops and talking with school groups throughout the community. Visit the [Family Institute](#) to see what is on the October calendar for families such as partnering with The Council Of Elders for [Social Media Awareness and Combating Bullying](#) and the [Family First Series](#) for families of children birth to 8:

[Be a Brain Builder: Know as They Grow](#)

[Keeping Kids Healthy and Happy](#)

[Keeping Kids Safe](#)

[Discipline and Communication](#)

The Family Institute

Want to host a workshop at your school or organization, visit us!



Youth in Conversation

A county-wide group of high school students who “talk about the things no one talks about.” All high school students are invited to have conversations about identities we have in common and issues that separate us.

Monday, October 8, 6:30–8:30 p.m.
bi-monthly meetings held at
[Oliver's Carriage House](#)
Sponsored by #OneHoward
YouthSpeak and the HCPSS Office of
Diversity, Equity and
Inclusion. [Learn more and apply.](#)



Understanding Anxiety in Children and Teens

There are many inquiries to our office about the increase in anxiety among children and teenagers. While anxiety is the most common disorder in children, many parents are unsure what to do. If left untreated, anxiety doesn't just cause distress and dysfunction, it dramatically increases the risk of developing other disorders, including depression and substance abuse.

Check out the report and other resources from the **Child Mind Institute's** [Understanding Anxiety](#) information page.

Managing Meltdowns and Outbursts: Helping Kids Learn to Self-Regulate

Join **Understood** for a lunchtime webinar to learn strategies for managing your child's emotional outbursts. Join this expert chat with child psychologist Ellen Braaten, Ph.D., to

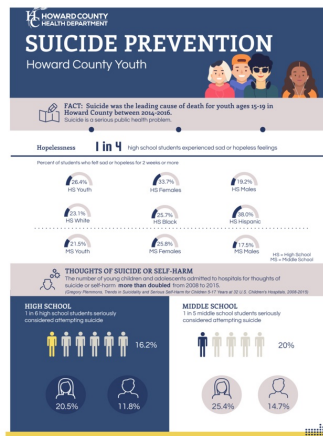
Howard County Hosting Apprenticeship Career Fair

The Howard County Office of Workforce Development will host an Apprenticeship Career Fair on **Friday, October 12, from 10:00 a.m. to 1:00 p.m.** at the Columbia Workforce Center. Industries represented at the fair include electrical, HVAC, emergency management, IT, plumbing, and automotive. Howard County Government also will provide information about its new apprenticeship program for trade positions in the Department of Public Works.

Registration Required

"As we continue to lose experienced tradespeople in the job market to retirement and attrition, it is important that we find ways to encourage the transfer of these skills and solid career opportunities to a new generation"

County Executive Allan H. Kittleman



Suicide Awareness

(Click on info-graphic at left to see Youth Risk Behavior)

Suicide now replaces homicide as the 2nd leading cause of death nationally for youth and young adults ages 10-34. **In Howard County, suicide was the #1 leading cause of death for youth ages 15-19 between 2014-2016.**

To address this public health concern the Howard County Health Department (HCHD) is developing a suicide prevention awareness campaign. As an initiative of the Child Fatality Review Team and the HCHD Child & Adolescent Injury Prevention Program, the multi-phased project will

include a long-term strategic plan and an awareness campaign aimed at reducing stigma and promoting local resources. The ultimate goal is to reduce the number of youth suicides in Howard County to zero.

Suicide Is Preventable! Some important things families can do:

- Talk with a pediatrician or family doctor
- Get a referral to see a mental health counselor
- Talk with school support staff and guidance counselors
- Connect with family and friends for support
- Contact the 24-hour Grassroots Crisis Intervention Hotline at 410-531-6677
- Visit www.grassrootscrisis.org for support services offered in Howard County

Contributed by Howard County Health Department-Bureau of Child Health

Looking for a Mental Health Support Group in Howard County?



Family Resource and Transition Fair

Saturday, October 27, 2018 10:00 a.m. to 2:00 p.m.

Howard County Public School System's Department of Special Education and Early Intervention Services will provide families with information about the full array of resources, tools and services available from the community to support students receiving special education and related services. Come out and enjoy a few hours of fun with your family including learning games, make and take crafts, fun activities and more!

Get connected to:

Information about speech, hearing, vision, developmental and social disabilities, services, equipment, resources and tools available in the community, and HCPSS Wellness and health-related activities and information.

Physical therapy and adapted PE activities and programs, activities for kids with special needs, transition services available during and beyond high school.

Breakouts sessions include Developmental Disabilities Administration (DDA), Department of Rehabilitation Services (DORS) and HCPSS Transition Staff.

Special Education Calendar

Know Before you Throw

Recycling is confusing, leading many of us to "wishcycle." Although seemingly harmless, putting items in the recycling bin that don't belong leads to even more items ending up in our landfills. [Use this guide](#), from the Howard County DPW Bureau of Environmental services, to make sure your family is disposing of materials correctly.



October is Breast Cancer Awareness Month

Howard County Health Department hosts an annual campaign to increase awareness and education about the importance of early screening, testing and more. Find out about resources and additional information [click](#)

Breast Cancer Awareness Howard County

**Sign Up for
Parent Pages**

If you were forwarded this e-mail and would like to receive the latest Parent Pages news and updates directly, please [click](#)!

